WASHINGTON, DC—Today, May 6, 2009, Congressman Joe Sestak (PA-07) announced that the \$250 economic recovery payments for Social Security recipients, which are provided by the American Recovery and Reinvestment Act, will begin to go out on May 7, with the goal of all these payments being sent out by the end of May. The Social Security Administration (SSA) will deliver the \$250 payment by check to those recipients who receive their Social Security benefit by check and by direct deposit for those recipients who receive their Social Security benefit by direct deposit. Additionally, \$250 economic recovery payments will also go to Supplemental Security Income (SSI) recipients, Railroad Retirement recipients, and disabled veterans. The payments are scheduled to begin going out to SSI recipients in mid-May, to Railroad Retirement recipients in late May, and to disabled veterans in June. No action is required for eligible recipients to receive the payment.

Those with questions may contact the local Social Security office at 1400 N. Providence Rd., Media, PA 19063, (610) 891-6002. Due to the volume of payments to be disbursed, the Social Security Administration requests that recipients wait until at least June 4 to inquire about their payments.

"These payments come at a crucial time for our seniors and those with disabilities, many of whom have been hit hardest by the economic challenges we face," said Congressman Sestak. "Constituents of the 7th District will receive nearly \$30 million in these Social Security and SSI payments. Nationwide, more than \$13 billion will go out to more than 50 million people, helping our vulnerable citizens and providing a boost for our economy."

Millions of the Social Security recipients receiving these payments are widowed, divorced, or single, and among the seniors with the lowest average incomes. These payments will make a difference:

Social Security is the only source of income for nearly one-third of all nonmarried seniors receiving Social Security.

The median annual income for nonmarried Social Security recipients over age 65 who are women is only \$13,151. The median annual income of nonmarried Social Security recipients over age 65 who are men is only \$17,611.

Nearly 30 percent of nonmarried Social Security recipients who are women over age 65 are poor or near-poor – with 17.4 percent living below the federal poverty line and another 10.8 percent with incomes below 125 percent of the poverty line.

In addition to the economic recovery payments being made to Social Security and SSI recipients, the Recovery Act also provides these payments to disabled veterans and Railroad Retirement recipients. The payments to Railroad Retirement recipients are scheduled to begin to go out in late May and the payments to disabled veterans in June. In total, more than 50 million Americans will get this one-time payment.

If someone regularly receives benefits from two or more of these programs – such as Social Security and Railroad Retirement, or a disabled veterans' benefit and SSI – he or she will receive just one \$250 payment.

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.

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